

## Manual Handling

In the UK the last major survey of manual handling accidents and incidents (2001 – 2002) estimated 12.3 million working days were lost over a two year period because of pain, strain and injuries to the back.

Nearly all jobs involve some form of manual handling which includes lifting, pulling, pushing and carrying a range of objects. Use of poor techniques to move materials is the most common cause of injury at work

It is important that staff are trained and competent to carry out manual handling tasks

The aim of this half day course is to reduce risks to staff through the use of safe and efficient manual handling techniques. Participants will be encouraged and supported to explore and develop their knowledge, which includes their individual responsibilities, relevant legislation and demonstration of practical techniques relevant to their place of work.

This practical course serves as a refresher for experienced staff or as an introduction for new employees

- Legislation, Employer/Employee responsibilities
- Avoiding manual handling where possible
- Safe handling, good/dangerous techniques
- Back care and anatomy of the spine
- Risk Assessment/reducing the risk of injury
- Practical Session utilising mechanical and Handling equipment



**Training methods:** Lectures, activities, practical assessments, case studies and group discussion. Students will take away with them a comprehensive course handout

**Assessment** is a thorough observation of practical elements and a multi-choice test paper which is marked by the Tutor and then verified by an assessor, for Quality Assurance purposes. To gain a certificate a course mark in excess of 80% is required. On successful completion of the course, students will receive a Certificate which will remain valid for one year from date of issue. Employers will receive all necessary paperwork to provide an auditable paper trail